

2020-2021 Oakville Ranger Hockey Club Safety Protocols



OAKVILLE RANGERS HOCKEY CLUB

October 7, 2020

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Health and Safety Guidelines for Returning to Hockey

For the 2020-2021 season the ORHC will be playing exclusively at the following facilities:

- Sixteen Mile Sports Complex Rinks 3 and 4
- River Oaks Arena A
- Oakville Arena
- Glen Abbey Rinks Blue and Green
- Canlan Ice Sports- Oakville

Each of these facilities will have individual guidelines specific to entering and exiting the facility, use of dressing rooms, washrooms, showers, requirements for face coverings, etc. which are laid out in the arena specific protocols section of this document.

The below health and safety guidelines are to be adhered to for all hockey related activities:

Environment and Expectations

- Arrive at the facility no earlier than 20 minutes before the scheduled time for your hockey-related activity.
- Leave the facility immediately following the hockey-related activity. Do not stay beyond the designated time.
- Physical distancing of two (2) metres (six feet) will be maintained before, during, and after hockey-related activities, except where otherwise stated in Hockey Canada's Safety Guidelines and/or the Ontario Hockey Federation's Return to Hockey Framework.
- Only one parent or caregiver may accompany a player to a hockey-related activity.
- We encourage parents and guardians of players at levels U13 and above to not enter the facility unless necessary. They should only drop their players off and pick them up.
- We encourage hockey-related activities (including parent meetings and administrative procedures like registration) be conducted electronically. Weather permitting, meetings should be held outside. If that is not possible, these activities must be done in such a way to maintain physical distancing as much as possible, and in groups not exceeding 10 individuals

Equipment

- Water bottles must be filled at home and labelled with the player's name. The sharing of water bottles is prohibited.
- The sharing of hockey equipment is prohibited unless it is goaltender equipment at the house league level which has been properly cleaned and disinfected
- Where possible, players should plan to arrive and depart the facility dressed in their hockey equipment.
- While on the ice, players and Team Officials must always leave their helmet and gloves on.

Communication

- ORHC safety Protocols for the 2020-2021 season will be publicly available on the ORHC website and directly available to membership via email communication.
- Communications materials will also be distributed through ORHC social media channels.

Team Related Protocols

It is expected that teams will be issued two change rooms for on-ice activity. There is a maximum of 9-10 people allowed in the changeroom at any one time. Additional chairs with proper social distancing placement will be made available where needed.

All teams:

- Team managers assign players to change room groups (A/B) and communicate change room groups.
- It is recommended to post groups on change room doors for the first week (at least).
- Trainers direct players to change rooms by assigned group upon arrival to the facility.
- Goalies may enter the facility first and may use the assigned change room to dress / undress (ONLY if they are able to do so within facility time limits - otherwise they need to arrive dressed/dress outside).

U11 (former Atom) and younger:

- On-ice participants (except coaching staff) arrive at the rink fully dressed. Walking skate guards are strongly recommended.
- Enter facility once Health Check is reviewed and proceed to change rooms as directed by trainers.
- Trainers will direct change room groups when to take the ice.
- On-ice participants (except coaching staff) exit the facility dressed.

U13 (former Peewee) and older:

- On-ice participants should arrive at the rink dressed in full gear except skates, gloves and helmet.
- Enter facility once Health Check is reviewed and proceed to change rooms as directed by trainers.
- Tie skates / put on gloves and helmet in change room.
- Trainers will direct change room groups when to take the ice.
- On-ice participants use their assigned change room to take off skates, gloves and helmets and exit the facility.

Protective Measures

As per By-Law No. 47-20, every person must wear a non-medical mask/face covering when inside an enclosed public space in the Region of Halton. It is important that you talk to your child(ren) about wearing masks, caring and storing their masks and practice wearing a mask. Masks should be made of breathable material, comfortable and they should fit snugly without gaps. Masks with an exhalation valve or exhaust valve are not recommended. If using reusable

masks, please ensure they are cleaned after each attendance.

Additionally, athletes/staff will abide by all Public Health recommendations including physical distancing, hand hygiene, and respiratory etiquette. When not wearing a face covering, athletes/staff will maintain at least 2 metres physical distancing. Athletes/staff will regularly wash hands with soap and water for at least 20 seconds, especially after using the washroom and before or after participating in an activity. Alcohol-based sanitizer should be used if soap and water are not available. Athletes/staff will not spit, snort, or deliberately release bodily fluids on the ice surface or players bench. Athletes/staff must cough or sneeze into a tissue or their elbow, not the hand. Used tissues must be disposed of immediately in a lined waste basket and hands thoroughly washed. Athletes/staff should avoid touching the eyes, nose, or mouth at all times.

Arena Specific Protocols

This section will be updated as additional information becomes available or in accordance to any required revisions or modifications.

River Oaks Arena A

To access Rink A for your ice bookings, please use the main entrance (green arrow) and follow the directional arrows to Rink A. Please advise all participants to enter through this door. No access from any other entrance will be allowed. You will exit the facility through door 21 in Rink A (red arrow)



Dressing rooms will be usable however they are subject to social distancing requirements therefore, participants are still encouraged to arrive at the arena already dressed. No more than 10 people per change room. Showers will not be usable however there will be a washroom available in the change room.

River Oaks A Arena Protocols

- On-ice capacity limits are based on provincial governing body for sport. Current limit is 25 including instructor(s)
- Participants should be kept a minimum of 6ft/2m apart from each other at all times on the ice
- Participants may enter the facility no more than 20-minutes prior to ice rental, and must vacate within 15 minutes of end of rental
- There will be a limit of one parent/guardian allowed entry per child participant.
- Spectators may stand in designated spaces in arenas only. There can be no lingering in hallways at any time.
- All participants must follow social distancing protocols at all times within the facility
- Arena benches are subject to social distancing requirements (6ft apart)
- All participants are required to "passively screen" at the entrance door and may not enter the facility if they are experiencing any COVID-19 symptoms.

- Face masks are now MANDATORY while in the building, with the exception of on the ice. Parents/Guardians must wear a mask at all times.
- Contract permit holders are responsible for ensuring that facility capacity limits and social distancing requirements are adhered to at all times including between different cohorts booked under one block.
- Contract permit holders are responsible for providing each facility with contract tracing information
- Contract permit holders are responsible for reviewing and adhering to site-specific protocols for each arena.
- Facility staff will sanitize benches, high touch-point areas and dressing rooms between each use.

Sixteen Mile Sports Centre Rinks 3 and 4

To access Rink 3 and 4 for your ice bookings, please park on the North end of the building. See picture below. All participants must enter and exit from this door. No access from the Athletes entrance will be allowed.



- The doors accessing the rinks from the hall labelled "Red Entrance/Exit" or "Blue Entrance/Exit."
- The labelled doors correspond with the assigned change rooms. The players, coaches, and parents/spectators are all to use the same door for entering and exiting the rink. When one team leaves the ice, they will exit from the blue door and the next team will enter from the red door
- Spectator area will also be divided into the Blue or Red Spectator Area. Signs will be posted.

Sixteen Mile Arena Protocols

- All participants are required to "self-screen" at the entrance and may not enter the facility if they are experiencing any COVID-19 symptoms.
- Dressing rooms will be usable, subject to social distancing requirements (Dressing rooms 1-18 have a 9-person capacity). Showers will not be usable. A maximum of 3 dressing rooms can be provided per rental.
- The washroom in Ref Room 3/Ref Room 4 is available for use. Only one person allowed at a time in this change room.
- Town staff will sanitize benches, high touch-point areas and dressing rooms between rentals.
- Participants may enter and exit the building through the designated entrance for their rented arena only. While inside the building participants cannot "crossover" into the designated space of another arena.
- Entry into the building is restricted to ice participants only. One parent/guardian is allowed entry per child participant.
- Entry into the building is permitted for participants (and parent/guardian) only, no more than 20-minutes prior to ice rental and must vacate within 15 minutes of end of rental.
- Masks must be worn inside the building at all-time, subject to public health guidelines. Mask use is not mandatory while on ice.
- Parent/guardians may view from designated spectator spaces inside arenas only. There can be no lingering or viewing in hallways at any time.
- No more than 25 skaters total on ice, including instructor(s)
- all on-ice activity must be in compliance with guidelines established by the OHF
- Arena benches are subject to social distancing requirements (6ft apart) and will have seating spaces marked by town staff.
- Where applicable, a 30-minute rental gap will be left between rental contracts (ie. switch between groups) to reduce crossover between cohort groups.

Responsibilities of Contract Permit Holders:

- Contract permit holders are responsible for ensuring that the following facility capacity limits and social distancing requirements are adhered to at all times inside building:
 - 9-person limit per dressing room (Rooms 1-18)
 - Limit of 25 spectators inside an arena at time, in designated spaces only
 - Limit on ice participation to what has been approved by your PSO.
 - No viewing or lingering at any time in dressing room corridor hallway
 - Ensuring that the above limits are enforced at all-times, including during crossover between rental times
- Contract permit holders are responsible for providing facility with contract tracing information (a sheet will be provided).
- Contract permit holders are responsible for making sure participants review and adhere to site-specific protocols for each arena.

Canlan Ice Sports - Oakville

Arriving at the rink

- All persons entering the facility must complete the **CANLAN SPECIFIC** pre-screen questionnaire found at <https://www.icesports.com/questions/>. Canlan will deny entry to those who do not meet the minimum standard as outlined in the questionnaire.
- Teams are no longer required to bring a hard copy of the participant tracking sheet. The Canlan specific pre-screen questionnaire that must be filled out covers this functionality as well.
- You may arrive up to 20 minutes before ice time.
- Gather your complete party in the parking lot as a group prior to moving to the front entrance where you will line up. Please proceed to the Zone Control Attendant station at the front entrance.
- Zone control attendant will have a tablet to check names of players that have pre-screened online.
- Our Zone Control Attendant will provide visitors with directions, to follow our signage and our Health & Safety Ambassador will take you to your designated dressing room. Please follow their instructions at all times

Contract Guidelines

- All contracts must adhere to a maximum of 24 skaters per ice contract, this includes goalies, coaches and instructors.
- Dressing rooms will be open to fully change. We will still be encouraging you to show up partially dressed to limit the amount of time you are in the room.
 - Please note the time you have in the room before and after games will be limited to ensure we can adequately sanitize between games/teams.
 - There will be no access to shower facilities in the dressing rooms. If this changes, communication will be sent to all contract holders.
- All persons entering our building must always be wearing a face mask, except for on-ice activities.
- **1 spectator/family member per player will be permitted.**

Glen Abbey - Blue Arena

- Enter through the main entrance and submit the session tracking sheet for your team to the Customer Service Desk in the front lobby.
- Participants may enter the facility no more than 20-minutes prior to ice rental, and must vacate within 15 minutes of end of rental.
- There will be a limit of one parent/guardian allowed entry per child participant.
- Spectators may stand in designated spaces in arenas only. There can be no lingering in hallways at any time.
- On-ice capacity limits are based on provincial governing body for sport. Current limit is 25 (hockey)
- Arena benches are subject to social distancing requirements (6ft apart)
- Dressing rooms will be usable, subject to social distancing requirements (Please see chart below). Showers will not be usable.

Facility	Rink	Dressing Room(s)	Capacity of each room
GA	Blue	A-F (6 rooms)	8
GA	Green	1-6 (6 rooms)	8

- Contract permit holders are responsible for ensuring that facility capacity limits and social distancing requirements are adhered to at all times.
- Contract permit holders are responsible for providing each facility with contract tracing information
- Contract permit holders are responsible for reviewing and adhering to site-specific protocols for each arena.

Trafalgar Park Community Centre – Oakville Arena

Enter through the main entrance from the parking lot.



- Participants may enter the facility no more than 20-minutes prior to ice rental, and must vacate within 15 minutes of end of rental.
- There will be a limit of one parent/guardian allowed entry per child participant.
- Enter through the main entrance from the parking lot. Upon entry into the facility you will sanitize your hands and proceed into the arena through the designated area to the right of the facility entrance.
- Participant tracking sheets are to be dropped in the designated white box mounted to the wall to the right of the arena entrance. **Tracking sheets submitted will be cross referenced with the team(s) on the ice. If there is no corresponding tracking sheet that team will be asked to produce, if they are unable to do so, their on-ice session will be ended.*
- Players will proceed straight ahead to the designated dressing room for their team (1-3 or 4-6). Spectators will proceed to the designated stands on the left hand side of the arena.
- There can be no lingering in hallways or lobby at any time.
- On-ice capacity limits are based on provincial governing body for sport. Current limit is 25 (hockey)
- Arena benches are subject to social distancing requirements (6ft apart)
- Each team will be assigned 3 dressing rooms. Each dressing room has a maximum capacity of 8 people. Dressing rooms will not be locked. Please do not leave valuables in the dressing rooms.
- Two referee rooms are available and have a maximum capacity of 1 person at a time.
- There is a washroom for spectator use near the arena entrance before dressing room #1.
- Players and spectators must exit out the door to the left of the arena entrance when facing the lobby. It is down the small hallway where the referee rooms are. Exit will be marked and signs will direct.

Screening and Registry Protocols

Members are expected to comply with all applicable government, OHF, and OMHA rules, including but not limited to:

- Region of Halton Temporary By-Law No. 47-20
- Hockey Canada Safety Guidelines
- OHF Return to Hockey Framework
- OMHA Return to Hockey Information

Screening

Prior to attending arenas or team functions, every Participant must do the [self-assessment for COVID-19](#) on the Ontario Ministry of Health website. Parents/Guardians will be responsible for actively screening their child(ren) at home every day prior to arriving to the rink. It is your sole responsibility to ensure your child(ren) are healthy, symptom-free, and able to energetically participate in the hockey related activities. If your child(ren) does not pass the assessment they should not attend until they pass the assessment and do not have signs and symptoms of COVID-19.

All Participants should be aware of the signs and symptoms of COVID-19, including:

- Fever (i.e. chills, sweats)
- Cough that's new or worsening
- Difficulty breathing
- Hoarse voice
- Difficulty swallowing
- Sore throat *
- Runny nose *
- Stuffy or congested nose *
- Sneezing *
- Loss of taste or smell
- Nausea, vomiting, diarrhea
- Headache that's unusual or long lasting
- Shortness of breath
- Muscle aches that are unusual or long lasting
- Unusual fatigue or lack of energy
- Not feeling well

** Not related to seasonal allergies or other known causes or conditions*

If you answer yes to one or more of these symptoms, please self-isolate and call Ontario Telehealth at 1-866-797-0000 for further assessment by a nurse who will direct you to the most appropriate level of care such as your healthcare provider or a COVID-19 Assessment Centre.

You will not be allowed to participate in any on-ice or hockey related activity until cleared to do so by a health-care provider or Assessment Centre and you are symptom-free for 24 hours.

Participant Registry

Each team will be responsible for assigning a health and safety liaison for their team. This person will be responsible to ensure that all participants including players, coaches and instructors have completed a health screening prior to each participation in an on-ice activity. The screening process could be completed in-person or electronically prior to the session.

The health and safety liaison will also be responsible for completing a tracking sheet for each on-ice session using the Ontario Hockey Federation Session Participant Tracking sheet. This is necessary to facilitate contact tracing in the event of a COVID-19 exposure.

The ORHC, in partnership with SportsHeadz/MBSports Web, are in the process of developing a digital health check system which will allow for the below features. This service is expected to be available by the end of this month. The use of the Team Snap app is also acceptable.

Benefits of our Digital Health Check include:



Access through your association website OR through the mobile app



We work with your governing body to select proper screening questions



Players, parents, coaches, and managers complete questionnaire before each scheduled event



All information is stored in the association database for contact tracing



Live updating of roster will show either a "✓" or an "X" next to the player name



Each organization will designate access to the appropriate coaching staff from each team to see player status prior to event

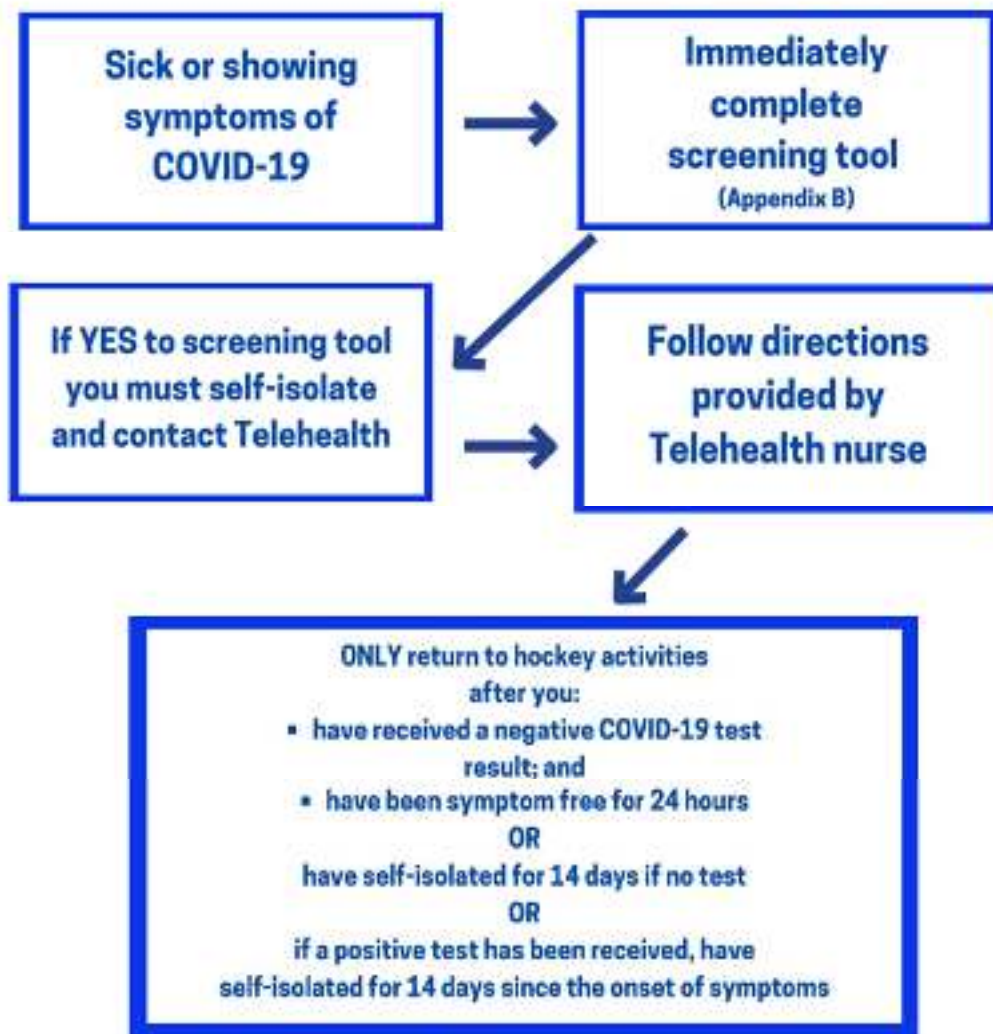
If a participant has Indirect Exposure to COVID-19:

In the event that a player is exposed to a Covid-19 case (For example, someone in their class at school tests positive for Covid 19), below is the protocol currently being followed by the Halton Catholic District School Board and will be adopted by ORHC:

- Household members and close contacts of a symptomatic individual are no longer required to self-isolate unless they have symptoms. This means that unless otherwise directed by Public Health or a health care provider, siblings are not required to stay home or miss hockey while awaiting test results for the symptomatic person (e.g. child whose classmate tested positive, that child's siblings and parents do not need to self-isolate or miss hockey if they are not experiencing symptoms).
- However, if a household member (including siblings) has COVID-19 symptoms, they are required to self-isolate while awaiting test results.
- In cases where an individual tests positive for COVID-19, all close contacts and household members (including siblings) will be required to self-isolate and will require clearance from Halton Public Health before returning to hockey. (e.g the child whose classmate tested positive for Covid-19, has now also tested positive for Covid-19. His parents and siblings (and anyone else living in the Household) must now self isolate and will need clearance from Public health before returning to school).

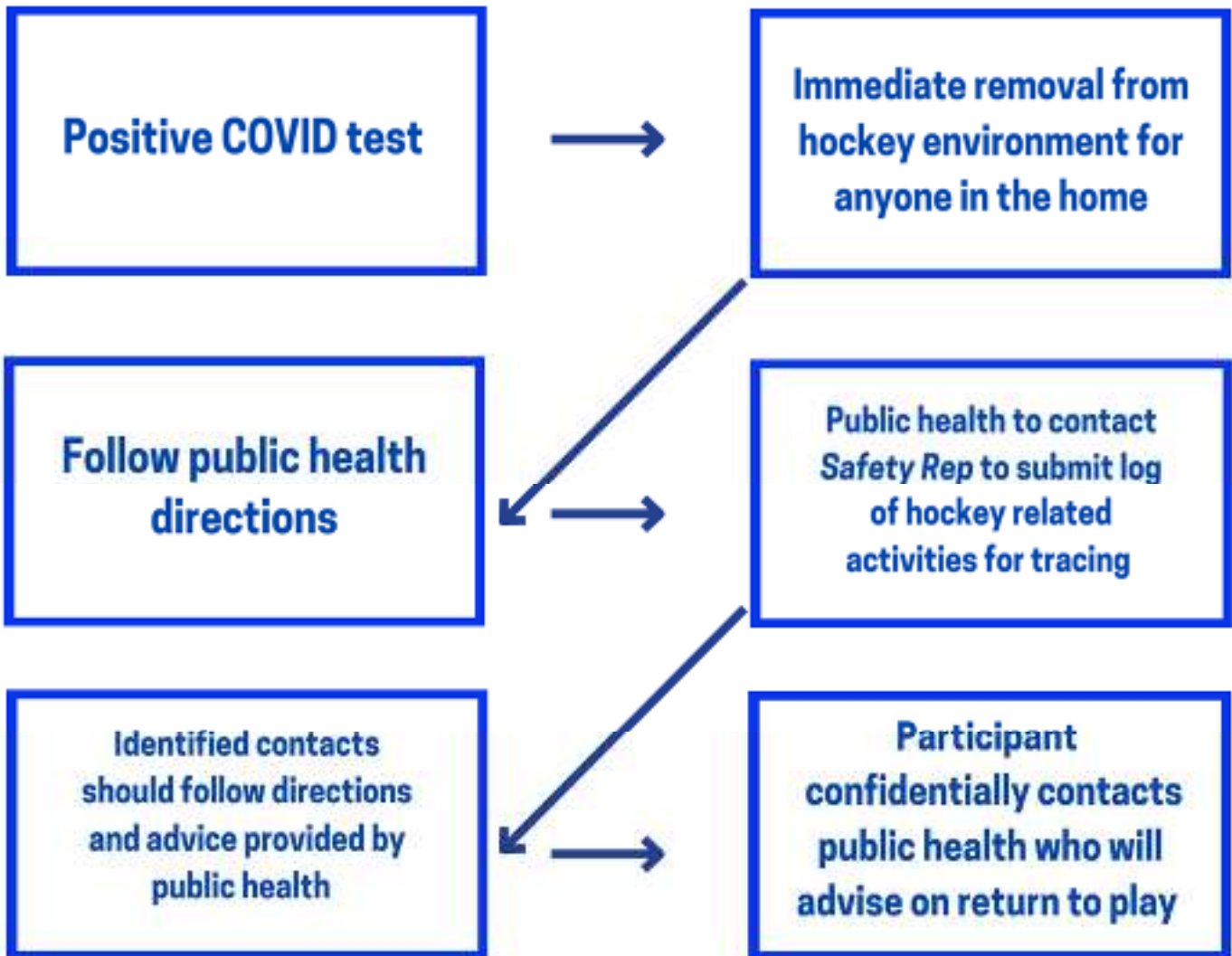
If a participant has symptoms of COVID-19:

The following are recommended steps for players, Team Officials, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick. For participants or parents/guardians of participants **who are sick or showing symptoms of COVID-19**, they are to advise the Team's coaching staff that they will not be attending and will immediately follow the steps below.



If a participant tests positive for COVID-19:

Participants or parents/guardians of participants who have tested positive for COVID-19 are not required to publicly disclose any medical information, however they will be required to abide by the relevant Public Health Unit's directions. The Participant may not participate in any hockey related activity for 14 days as per Ontario Ministry of Health guidelines and cannot return to hockey until cleared by Public Health, which is a minimum of 14 days from when symptoms began. Follow the steps outlined below.



Additional Summarized Information

Screening and Tracking Protocols: To be done by all teams

- All players/spectators must complete the [COVID-19 Self Assessment](#) prior to coming to the rink. Team Snap also currently has functionality to do a COVID-19 self assessment. Both are acceptable means of doing a self-screen.
- If the player and parent/spectator answers “NO” to all questions (no Covid-19 symptoms) then report to your team’s “health and safety liaison” that the player and name of the parent attending with the player will be in attendance for the contact tracking requirement on the “Session Tracking Sheet” (Attached). Both the parent/spectator and player must be recorded on the sheet.
- A PHYSICAL copy of this tracking sheet must be brought to the arena. There will be a designated area in each arena to submit the sheet.

At the Rink:

- Arrive at the facility no earlier than 20 minutes before the scheduled time for your hockey-related activity. The 20 minute lead time is being STRICTLY enforced. Arrival earlier than 20 minutes prior to your scheduled hockey-related activity will cause an overlap in the booking ahead of yours which will result in the arena being over the allowable capacity mandated by Public Health. This will give the arena staff the right to shut down the booking and clear the building, so please be considerate to your fellow teams.
- Only one parent or caregiver may accompany a player to a hockey-related activity.
- Players must stay in their assigned dressing rooms with masks on and social distancing until they are invited by a Team/League/Arena Official to proceed to the ice. Players will only remove masks immediately prior to going onto the ice.
- Water bottles must be filled at home and labelled with the player’s name. The sharing of water bottles is prohibited.
- While on the ice, players and Team Officials must always leave their helmet and gloves on.
- When the on-ice session is completed, players/staff will proceed directly to their assigned dressing rooms and wear a mask again until they vacate the facility.
- Players/staff must vacate the dressing room and facility within 15 minutes of leaving the ice surface. We must not stay beyond the designated time. This allows time for the Town staff to sanitize the rooms for the next team and prevents overlap with the next group coming in.

- Parents/Spectators/Players are NOT allowed to congregate in the arena hallways at any time.
- Town staff will sanitize benches, high touch-point areas and dressing rooms between rentals.
- Parent/guardians may view from designated spectator spaces inside arenas only (standing along glass). There can be no lingering or viewing in hallways at any time.
- No more than 25 skaters total on ice, including instructor(s)
- Player benches are subject to social distancing requirements (6ft apart) and will have seating spaces marked by town staff.
- Physical distancing of two (2) metres (six feet) will be maintained before, during, and after hockey-related activities

Arena Specific Protocols

Sixteen Mile Rinks #3 and #4

- For Sixteen Mile, please enter your assigned rink (Rink 3 or Rink 4) from the marked upstairs entrances on the north side of the facility. You are prohibited from entering the rink at any of the other rink entrances. The facility is being treated as 4 separate rinks.
- For Rink #4, players will be divided into Dressing Rooms 17 and 18 (10 players per room) with Coaches/Refs in Room 16. For Rink #3, players will be divided into Dressing Rooms 13 and 14 (10 players per room) with Coaches/Refs in Room 15. Shower facilities are closed.
- Players are asked to congregate outside until a member of the team coaching staff arrives. At 20 minutes to the start of the booking, the coach will enter the facility and confirm the dressing room assignments for their team. They will then come back for their team and lead them into the facility.
- DRESSING ROOMS ARE NOT LOCKED. DO NOT LEAVE VALUABLES IN THE CHANGEROOM
- Players/Spectators are NOT ALLOWED to cross between rinks 3 and 4. They must stay at their own rink.
- The washroom in Ref Room 3/Ref Room 4 is available for spectator use. Only one person allowed at a time in this room.
- Session tracking sheet is to be left on the designated table which includes signage for COVID-19 and hand sanitizer. These sheets will be picked up by Town staff at the end of each booking

River Oaks

- Enter through the main entrance of the facility.
- A staff person will be seated at a designated table when you first enter the building. Session tracking sheets are to be left with the staff person. In a month when people hopefully have the protocols down, this staff person will no longer be present and the tracking sheets will be given to the customer service desk.
- Each team will have access to two dressing rooms with a 10 person capacity in each. Showers are not available.
- DRESSING ROOMS WILL NOT BE LOCKED. DO NOT LEAVE VALUABLES IN THE DRESSING ROOMS
- Spectators are able to watch in the designated areas along the outside of the rink (bring a sweater/jacket).
- Public Washroom facilities will be available and are cleaned every hour.

Glen Abbey Blue

- Enter through the main entrance of the facility
- Session tracking forms are to be dropped at the customer service desk in the designated bin – there will be signage on the bin “Oakville Ranger Tracking Sheets”.
- Glen Abbey staff will cross reference each booking on the ice with a submitted tracking sheet. If there is no tracking sheet for the team on the ice, a staff person will approach the Coach. If no tracking sheet can be produced, the on-ice session will be ended immediately.
- Each team will be given 3 dressing rooms which have a maximum capacity of 8 people. Male/Female referee rooms will be available for use as well.
- No showers available
- DRESSING ROOMS WILL NOT BE LOCKED. DO NOT LEAVE VALUABLES IN THE DRESSING ROOMS
- Spectators (1 per player) may watch from the designated stands. No loitering in the hallways or lobby.

Canlan Ice Sports

- All persons entering the facility must complete the **CANLAN SPECIFIC** pre-screen questionnaire found at <https://www.icesports.com/questions/>. Canlan will deny entry to those who do not meet the minimum standard as outlined in the questionnaire.
- Gather your group in the parking lot and then enter through the front entrance together
- Proceed to the Zone Control Attendant and present them with the Session Tracking Sheet for your team.
- Zone Control Attendant will direct the group from there

Please be considerate of others and show courtesy to rink staff at all times. This is an adjustment for everyone and everyone needs to do their part in being patient and vigilant.

Have fun and be safe!